

SANDRA T MUDZI

Elderly & Child Care Assistant

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A 11 Makwiro Nyameni, Marondeara

PROFESSIONAL CARE ASSISTANT

Elderly Care ... Child Care ... Asthmatic, Visually Impaired and Dementia Care

Dedicated and compassionate caregiver who is so committed to providing exceptional support and care to both the elderly and children. With several years of experience in these roles, I have developed a deep understanding of the unique needs and challenges that each group faces, hence treating them with utmost quality care and dignity.

Trained and experienced in caregiving essentials such as:

Memory Care:

Psycho-Emotional Care:

Physical Care:

- ✓ Memory Enhanced Activities
- ✓ Therapeutic Support
- ✓ Personal Hygiene Assistance
- ✓ Dementia Communication Strategies
- ✓ Counseling
- ✓ Assisted mobility

SKILLS AND ATTRIBUTES

- Safety consciousness.
- Respect for dignity.
- Boundaries & Cultural sensitivity.
- Attention to detail.
- Emotional resilience.
- Physical stamina.
- Teamwork and Problem solving.
- Empathy and Patience.
- First Aid & Cpr.
- Dementia & Complex care.
- Time management.
- Record keeping.
- Personalized Care Plan.

DUTIES AND WORK EXPERIENCE

FREELANCE CAREGIVER

Elderly Care Assistant

Feb 2023 // Current

- Medication management.
- Assisting with activities of daily living.
- Care Plan Adherence.
- Vital monitoring and recordings.
- Assisting with personal care.
- Providing companionship ➤ Assisting with mobility and transfer.
- Meal preparations.

KWAKHANYA SOCIAL FOUNDATION

Elderly & Child Care Assistant

Jan 2020 // Jan 2023

- Stimulating Activities and Development.
- Offering emotional support and listening ear during difficult times.
- Prepared nutritious meals tailored to dietary needs and preferences.
- Record keeping and Documentation.
- Storytelling and book reading.
- Creating an environment that is safe for the children to be in.
- Running errands.
- Mobility assistance.
- Medication administration.
- Personal Care.
- Collaborated with medical professionals to adjust care plans and medication dosages as needed.

PRIVATE RESIDENCE

Care Assistant//Asthmatic patient

Jan 2014 // Dec 2019

- Medical administration, inhalers and nebulizers according to the patient's care plan.
- Provided continuous care and support to asthmatic patient.
- Implemented preventive measures to reduce asthmatic triggers, such as maintaining clean living space.
- Monitored and recorded vital signs, Oxygen levels, and any symptoms related to asthma.
- Educated the patient & family members on asthma management techniques and emergency procedures.
- Administering insulin and maintaining accurate health records.
- Assisted in Feeding, bathing, and clothing whenever necessary. ➤ Housekeeping and running errands.

OTHER WORK EXPERIENCE SUMMARY

- 2012//2014 - Home Based Carer.
- 2011 - Freelance Saleslady.
- 2006//2010 - Apprentice at NRZ. ➤ 2005 - Homebased Family Carer.

EDUCATION AND QUALIFICATIONS

- GCE
- CERTIFICATE IN CAREGIVING - FLORENCE ACADEMY

- VALID DRIVER'S LICENSE
- IELTS
- VALID POLICE CLEARANCE
- INTERNATIONAL TB TEST CERTIFICATE